

# NEW STUDY REVEALS THAT MILK IS A NUTRIENT DENSE & COST EFFECTIVE CHOICE FOR SCHOOL MEALS

Milk provides more calcium and protein per penny compared to any other foods served on school lunch menus, according to a new study published in the Journal of The American Dietetic Association (JADA).

Researchers at Kansas State University examined the nutrient contributions of five meal components of school meals: an entree, milk, vegetable/fruit, grain/bread, and condiments, such as ketchup, mustard, or salad dressing. The nutrient analysis of the foods from two different elementary school districts was then compared to the costs of these food items. The results revealed that milk contributed the most calcium and protein per 100 calories and per penny – making milk a nutrient dense and cost effective component for school lunch.



“This new research reinforces the tremendous contributions milk makes at lunch,” said Rachel Johnson, Ph.D., Dean, College of Agriculture and Life Sciences, The University of Vermont. “I have found through my past research that children who have milk with their meal get more nutrients and increase their calcium intake compared to those who don’t.”

Johnson concludes that missing out on milk’s nutrient package during key bone building years could put children at risk for developing osteoporosis later in life. She also recommends flavored

milks, such as chocolate, strawberry or banana, since they contain all the same nutrients as regular milk and have half the amount of added sugar found in soft drinks and many juice drinks.

“Milk Group foods are an important part of daily school lunches, providing the most nutritional value for the dollar,” said Al Terwedo, manager of school foodservice programs for Midwest Dairy Council. “Not only does milk provide calcium and protein, but it also offers seven other essential nutrients including vitamins A, B12 and D, potassium, riboflavin, niacin and phosphorus.”

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Source: Shanklin, C.W., Seunghee W.: Nutrient contribution per 100 kcal and per penny for the 5 meal components in school lunch: entrée, milk, vegetable/fruit, bread/grain, and miscellaneous. Journal of The American Dietetic Association. November 2001: 101 (11): 1358-1361.



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